

November 13, 2014

Spotlight: Green Team Encourages Everyone to Recycle

Celebrate America Recycles Day, Nov. 15

Do you recycle at work? Does your family recycle at home? We all can do our part and the State Office Building Green Team hopes everyone will recycle daily, but also celebrate America Recycles Day on Saturday, Nov. 15.



America Recycles Day, a program of Keep America Beautiful, is a nationally recognized day dedicated to promoting and celebrating recycling in the United States. Every year on or around November 15th America Recycles Day event organizers educate neighbors, friends and colleagues through thousands of events. The State Office Building Green Team is celebrating America Recycles Day this week.

It's easy to recycle in state government as the Energy and Environment Cabinet's Government Recycling Section (KGRS) was created to help state agencies

comply with mandatory recycling requirements. While state law (KRS 224.10-650) requires agencies to recover materials generated as a result of state government operations, employees are important partners in the process.

You've probably seen employees from KGRS collect paper in the recycling barrels and carts throughout buildings in Frankfort.

Did you know that KGRS, along with the efforts of all state employees in Frankfort, recycled 2,626,271 pounds of recycled cardboard and paper last fiscal year-- July 2013 thru June 2014? These efforts help support the free services that KGRS provides to all state government agencies and saves valuable landfill space. Thanks to all state employees for their help with this very important program!

Some things to keep in mind as you recycle your paper:

- KGRS provides weekly collection of many types of paper and cardboard, as well as confidential document destruction, to state agencies within Frankfort.
- Employees should separate material at their workspaces and then periodically place it in the appropriate collection container staged in a central location in each office.
- KGRS asks that you sort your paper by grade, or type of paper. The recycling barrels and carts located throughout buildings should have labels of either 'Mixed Paper' or 'White Paper'. It's important to place paper in the correct container since recovered paper is generally recycled into a grade similar to, or of lower quality than, the grade of the original product. For example, old corrugated boxes are used to make new recycled corrugated boxes. Recovered printing and writing paper can be used to make new recycled copy paper.

<u>Click here</u> for the State Office Paper Recycling Program. State Office Building Green Team America Recycles Day information can be found here. Learn more about America Recycles Day.

Jim Fowler, CIO, Asked to Join Executive Board of NASCIO

Jim Fowler, the state's CIO and head of the Commonwealth Office of Technology, was recently asked to fill a vacant director's position

on the executive board for the National Association of State Chief Information Officers (NASCIO). NASCIO, founded









in 1969, fosters government excellence through quality business practices, information management, and technology policy.

For Jim he is happy to serve and believes this will be another step in keeping Kentucky's image on the forefront of leadership and technology.

The national recycling rate has increased every year for the past 30 years.

The current recycling rate is 34.5%.

JOIN US IN RECYCLING MORE.

Take the America Recycles Day Pledge

Learn. I will find out what materials are collected for recycling in my community at americarecyclesday.org.

Act. Reduce my personal waste by recycling. Within the next month, I will recycle more.

Share. In the next month, I will encourage one family member or one friend to take the pledge.

This message brought to you by the State Office Building Green Team: Mitchell Adair, Nickolas Adkins, Jamie Allen, Fernando Briones, Walt Gaffield, Debbie Hatfield, Melissa Johnstone, Jim Lambert, Lindsay Lodmell, Karen Mixson, and Joyce Wilcher.

One week to go...

Use of any tobacco products (including e-digarettes) is prohibited in all buildings and parking lots and on the grounds. Thank you for respecting this policy. Pursuant to insections Govern 2014-277. http://tobacco-free.ky.govy

These decals will be placed on all doorway entrances into each building.

...State Facilities Go Tobacco Free Nov. 20

The Governor's executive order for state government facilities to go tobacco-free coincides with the Great American Smokeout on Nov. 20.

Each year the Great American Smokeout is an event that the American Cancer Society encourages smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 42 million Americans still smoke cigarettes — a bit under 1 in every 5 adults. As of 2012, there were also 13.4 million cigar smokers in the US, and 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

Why Quit?

The health benefits of quitting start immediately from the moment of smoking cessation. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

Check out helpful resources at tobacco-free.ky.gov.



These signs will be installed at driveway or parking lot entrances.

Benefits of stopping smoking

How does your body recover after certain amounts of time?

20 minutes



Your heart rate and blood pressure drop

12



The carbon monoxide level in your blood drops to normal.

2 weeks





Your circulation improves and your lung function increases.

1-9



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus clean the lungs, and reduce the risk of infection.

1 year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5 years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years



The risk of coronary heart disease is that of a non-smoker's

Source: American Cancer Society, Cancer.org.

Public Swearing-in Ceremony Set for Lieutenant Governor

2:30 p.m., Friday, Nov. 14, Capitol Rotunda

Lt. Gov. Crit Luallen will be sworn in at a private ceremony today, Nov. 13, upon the resignation of Lt. Gov. Jerry Abramson, who is taking a position as Deputy Assistant to President Barack Obama and Director of Intergovernmental Affairs in the White House.

The public swearing in ceremony will be Friday, Nov. 14 at 2:30 p.m. in the Capitol Rotunda. KET will televise.

Cell Phone Collection for Hopeline Extended to Nov. 30

If you have any old no longer used phones—from any carrier—you are asked to drop them off in HopeLine® boxes that are located in buildings throughout state government facilities. Accessories such as cases and cords can also be donated.

The Kentucky Commission on Women is partnering with Verizon Wireless, which will turn the devices into a cash grant for WorkSafe, which provides domestic violence prevention training for Kentucky businesses.

Data and information on phones will be scrubbed. However, you can always remove old SIM cards and reset settings to factory default.